



Como Mejorar el Autoestima: Guía Práctica Para Mejorar Su Autoestima (Spanish Edition)

Luisa Botero

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¿Qué es el autoestima? La expresión fue utilizada por primera vez por William James en 1890. Este psicólogo y filósofo estadounidense, dijo que la autoestima es la percepción mental de uno de (sus) no cualidades y características físicas. Con el crecimiento de las ciencias sociales y la cultura popular a partir del 1950, los conceptos como "autoestima" se han vuelto más ampliamente discutidos, no sólo dentro de la profesión de la psicología, sino más generalmente en la sociedad occidental. Existen varias definiciones de autoestima, pero en esencia, es el valor que le damos a nosotros mismos como individuos y en relación con los demás. En este libro hablo de técnicas que usted puede aplicar para mejorar su autoestima. Es un libro corto pero práctico

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